

# By-Cycle

Bicycle News from the  
Maricopa County Department of Transportation



April 2001

Volume 2:3

## Bike to Work Day, April 4

### Wheelin' -N- Dealin'

### With the City of Phoenix!

Grab your gear and let's get riding! Valley Bike Week 2001 takes off April 1 - 8<sup>th</sup>. This year Maricopa County employees are invited to bike in with Mayor Rimza on Wednesday, April 4, 2001. For a route map visit <http://ebc.maricopa.gov/emppgms/cop/bike.asp>

Employees registered to participate will be provided with a place to change their clothes and to freshen up. Shower stalls are available at 301 W. Jefferson, Fitness Center, Lower Level. However, due to the security system in the Fitness Center your registration/waiver release form must be completed, signed, and returned to my office immediately.

Participants will meet at Phoenix Mountain Preserve Trail Head on 40<sup>th</sup> Street, south of Shea Boulevard. The ride starts at 7 a.m. and ends at 2<sup>nd</sup> Avenue & Washington, where a warm breakfast awaits you! Participants must complete and sign the Waiver Release Form in order to participate in the event. Forms must be faxed to Nancy Santos no later than Thursday, March 29<sup>th</sup>. (602-506-8974)

For those coming from the East Valley, a group will leave Kiwanis Park in Tempe at 7 a.m. Another group is starting at the Safeway at 40<sup>th</sup> Street and Chandler Blvd. at 6:45 a.m. These groups will meet near the Point and ride downtown together for breakfast. Then they will continue to the Durango Complex. Contact Kara Myers at 602-506-1791 for more info.

## Meetings

### March 2001

#### Public Meeting Schedule

The public meeting schedule is subject to change. Please call to confirm dates and times. For on-line information go to: <http://www.mcdot.maricopa.gov/CgrComm/pubmtgs/present.htm>

### 4.03.2001

#### Queen Creek Road Corridor Study

Location: Desert Mountain Elementary School  
22301 S. Hawes Road  
Queen Creek AZ  
Leo Trinidad: 602-506-2826  
Time: 5-7 p.m.

### 4.04.2001

#### Rural Fixed Route Express Bus Service Ribbon Cutting

Location: Buckeye Community Center  
201 Centre  
Buckeye, AZ  
Time: 1:30 p.m.

### 4.05.2001

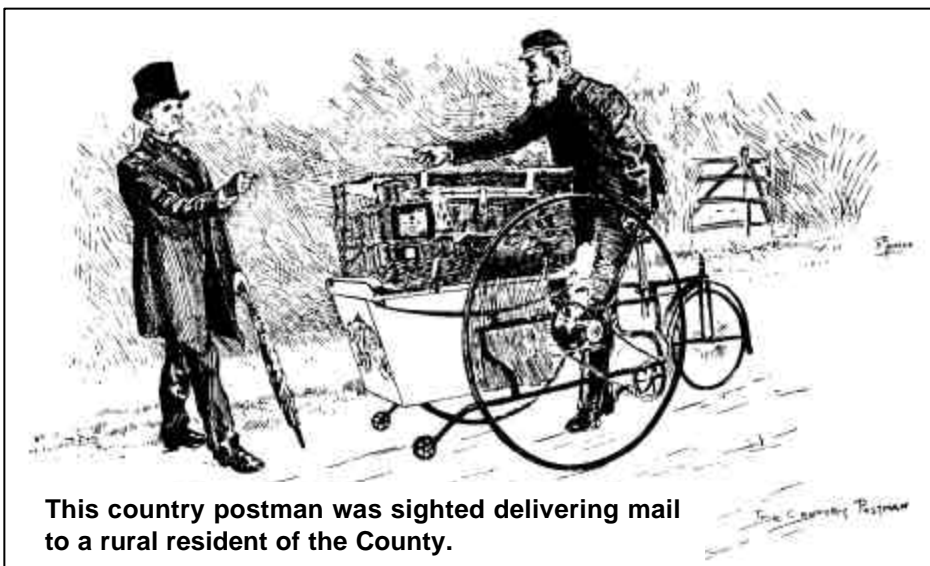
#### Gilbert Road/McDowell to SR87

Location: Stapley Junior High School Cafeteria  
3250 E. Hermose Vista  
Mesa, AZ  
Tom Larson: 602-506-2166  
Time: 5-7 p.m.

### 4.26.2001

#### Deer Valley Road @ New River

Location: Coyote Hills Elementary  
21180 N. 87<sup>th</sup> Ave.  
Peoria, AZ  
Andy Wojakiewicz: 602-506-8625  
Time: 5-7 p.m.



## “The Anatomy of Bicycle and Pedestrian Crashes”

This unique one-day workshop will deal with recognizing, investigating, and reporting bike- and pedestrian-related automobile crashes. In addition, it will cover user rights, how to recognize potentially hazardous sites, and how to prevent these crashes using a variety of education, engineering, and enforcement strategies. The workshop will be held on Friday, April 6 at the Rendezvous Center in downtown Mesa from 8:00 a.m. to 4:00 p.m.

The cost of the workshop is \$50 (\$100 after March 23). To register, contact Brian Fellows at 480-644-3824.

[brian\\_fellows@ci.mesa.az.us](mailto:brian_fellows@ci.mesa.az.us).

## Reed's Guide to Ride Ruining

*Since many of you will be taking your bicycles to the streets during Bike to Work Week, and in recognition of the class on bicycle crashes listed above, I thought I'd provide a few simple instructions on how to properly injure your body while minimizing the damage to your bike.*

### ***How to break your collarbone.***

Follow another cyclist very closely to maximize benefit of the draft. Wait for that cyclist to suddenly reduce speed in front of you. Touch your front wheel to that cyclist's

rear wheel causing your front wheel to turn at a 90 degree angle to the rest of your bike, bringing about an immediate halt to the forward motion of your front wheel. You and the rest of your bike continue in a forward motion up and over your front wheel, which is still stopped. The cyclist in front of you continues moving

forward, clearing a path on the road for you as your head and shoulder look for a soft place in the asphalt to land.

### ***How to break your wrist.***

Ride along in a daze and pay no attention to other cyclists. When someone wakes you up by saying "On your left", turn your body and your bike to the left into the path of a faster cyclist in the process of passing you. As the impact of the collision pushes you off your bike, stick out your right hand and "straight-arm" the ground as it rushes up to meet you.

### ***How to break your hip.***

Pretend that the ride is a race and ride as fast as you can. Assume that all riders are used to having cyclists pass them very closely. As you pass within inches of their shoulder, shout "On your left" into their left ear. As they turn left into your path, hook your elbow on their handlebar and cause your tires to loose contact with the ground. As your wheels become parallel with the road, force your hip out away from the bike to cushion the blow and reduce the damage the asphalt is about to inflict upon your bike.

### ***How to remove your skin.***

(My personal favorite). Ride as fast as possible down the hill with your hands on the aero bars and away from your brakes. Ignore signs of loose gravel on the shoulder.

When you reach the curve at the bottom of the hill, use the gravel to create a gap between your wheels and the road. Brush the right side of your body along the guard rail to reduce speed. After several bounces, lay your bike down so that your side slides along the asphalt until you come to a complete stop.



### ***How to injure your brain.***

Follow any of the above instructions without a helmet.

## **Bicycle Firsts**

- 1790 First bicycle
- 1839 First pedal bicycle
- 1861 First wire spoke wheels
- 1862 First "real" bicycle (cranks and pedals attached to front wheel)
- First commercial bicycle factory
- 1865 First United States bicycle patent
- 1868 First use of solid rubber tires
- First freewheel and two speed gear
- Hollow iron used instead of wood
- First strut forks
- 1869 First known appearance of the name "bicycle"
- Patent for ball bearings
- 1880 First Safety Bicycle
- First national meeting of American bicylists. League of American Wheelmen formed.
- 1888 Dr. John Boyd Dunlop, a veterinary surgeon, develops first pneumatic tire for his son's bicycle.
- 1889 First diamond frame. (basic frame still used today)
- 1890 Women start wearing the "divided skirt"
- 1892 Andre and Edouard Michelin develop bead-edge tires.
- The song "Daisy Bell" makes the term "bicycle built for two" famous
- 1883 American women wear bloomers
- 1896 Nearly 7,000 bicycle patents applied for in England
- 1898 First coaster brake
- 1902 Bicycle racer Barney Oldfield wins first automobile race for Henry Ford
- 1903 Bicycle manufacturers Orville and Wilbur Wright build first motorized aircraft
- 1903 First Tour de France
- 1930 Women wear shorts without complaint from onlookers.
- 1981 Commercial production of mountain bikes begins
- 1986 Greg Lemond becomes first American to win the Tour de France. Also wins in 1989 and 1990.

## **Earth Day 2001**

There are a number of Earth Day events taking place in Arizona this year. For details, click on the link below.

[http://www.earthday.net/output/state\\_dlr7c1s3.htm](http://www.earthday.net/output/state_dlr7c1s3.htm)

## **Pocket Guide to Transportation**

The small publication "Pocket Guide to Transportation" is published by BTS annually. It is divided into five sections and a glossary that cover the extent and use of the transportation system and its impacts on safety, the economy, energy use, and the environment. Much of the information is based on data from the Bureau's publications, "National Transportation Statistics 2000" and "Transportation Statistics Annual Report 2000."

To view the "Pocket Guide" on-line:

<http://www.bts.gov/publications/pocketguide/pgtt00.pdf>

To order the FREE "Pocket Guide"

[http://206.4.84.245/btsproducts/moreinfo.cfm?Product\\_ID=1172](http://206.4.84.245/btsproducts/moreinfo.cfm?Product_ID=1172)

## **MCDOT Bicycle Web Page**

[www.mcdot.maricopa.gov/Bicycle/](http://www.mcdot.maricopa.gov/Bicycle/)